



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Dallmann, Stefan

Club: J&S Running Team
Number: 82

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:41:52

Speed: 9.64 km/h
Running performance: 6:11 min/km

Rank in course/Total: 230 (of 537)

Rank in course/Men: 209 (of 440)

Best time in course: 1:41:44

Rank in category: 32(of 55)

Best time in the category: 2:00:57

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:18	5:32	14	4:21	124	6:06	3.30	18:18	5:32	14	4:21	124	6:06
Schlüsie	3.10	21:56	7:04	40	6:14	269	8:32	6.40	40:14	6:17	29	10:35	194	14:38
Hermannsklippe	2.60	20:39	7:56	43	6:26	318	8:45	9.00	1:00:53	6:45	34	17:01	246	23:23
Brocken	3.10	34:13	11:02	42	11:07	324	16:00	12.10	1:35:06	7:51	37	28:08	272	39:23
Eiserner Handwe	3.60	17:44	4:55	12	3:36	113	5:08	15.70	1:52:50	7:11	34	31:11	239	44:31
Schlüsie	4.10	16:43	4:04	9	3:12	93	4:46	19.80	2:09:33	6:32	30	33:17	211	49:17
Loddenke	3.10	15:30	5:00	34	4:46	236	5:26	22.90	2:25:03	6:20	30	36:33	211	54:43
Ilseburg/Markt	3.30	16:49	5:05	25	4:22	199	5:25	26.20	2:41:52	6:10	32	40:55	209	1:00:08